Kush Shah
11 Habits literally saved my life
Mano Izquierda Editores

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Edición bajo el cuidado de
Mano Izquierda Editores.

Circa, 2022.
Lima, Perú.

Kush Shah

I teach you how to write persuasively with every tweet. Distressed engineer turned digital writer.

5 years ago, I was suicidal

Today, I am at peace

These 11 habits literally saved my life:

1. Quit porn and social media

Both serve you cheap dopamine.

It's addictive and messes up
your neural circuits.

Quit it before you become a slave.

2. Quit watching the news

If you think watching the news
is staying informed, you're wrong.

News is just manipulation at scale.

Stay away to keep your sanity intact.

3. Invest your time instead of wasting it.

Substitute doomscrolling on TikTok or Instagram with learning a skill or reading a book.

Don't waste your time, invest it.

Six months later, you will be grateful you did so.

4. 10K STEPS, EVERY SINGLE DAY

Normalize taking pointless long walks without your phone.

Detox your brain.

Deprive it of cheap dopamine hits.

5. Curating your consumption

Watch what you consume.

Remember this:

Garbage in = Garbage out.

Be extremely mindful of the information you consume.

6. Meditate for 2-5 minutes every single day

This is a life-changing habit.

Your brain is constantly churning up thoughts your conscious mind is unaware of.

Meditation gives you the awareness you need to be mindful of your thoughts.

It helps you be okay with them, regardless of how good or bad they are.

You don't need a fancy app.

Just start a timer, focus on your breathing and be consistent.

7. Seek discomfort

Comfort zone will ruin your life.

Constantly doing hard things every single day will train your brain for the tough shit to come up in the future.

This can be anything: writing, reading, taking a hike, etc.

Do things you hate, every single day.

8. Showing up (especially when you don't feel like it)

The moment you feel you need
to give up, that is the moment
you need to push yourself
the most.

Train yourself to show up
at your worst.

Something as simple as doing
something for a few minutes
can make or break your habit.

9. Be grateful for where you are

Always remember:

Whatever shit you're going through, someone else is having it way worse.

Be grateful for the present.

10. Focus on the brick, not the wall

Focus on your next step,
not the result.

Break down your goals into small,
actionable steps and take it
one step at a time.

It's easier to keep going if
it's simple and actionable.

Focus on the process,
not the outcome.

11. Love yourself, then focus on others

Being selfish is okay.

If you won't love yourself,
nobody else will.

You can't fill from an empty cup.

11 habits that changed my life

1. Quit porn and social media.
2. Quit watching the news.
3. Invest your time instead of wasting it.
4. 10k steps everyday.
5. Curating your consumption.
6. Meditate.
7. Seek discomfort.
8. Showing up when you don’t feel like it.
9. Be grateful for where you are.
10. Focus on your next step, not the result.
11. Love yourself first.

MANO IZQUIERDA EDITORES